

Appl. No. 09/695,272
Amdt. dated May 20, 2005
Reply to Office action of February 22, 2005

Amendments to the Claim:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-8 (canceled)

Claim 9 (amended): A mechanical apparatus comprising:

a frame, and

means for supporting the user's body while its wrist or ankle is engaged to a belt attached to a steel cable,

wherein said steel cable passes around a small pulley being engaged therein an adjustable rotary part turning freely in all directions and being connected at a curved end of a vertical bar mounted of each side of one small pulley and blocked thereby a metal pin through a hole formed thereon a part member fixed to the frame of the apparatus for adjusting the vertical bar according to the desired position, and

wherein said steel cable extends inside said vertical bar so as to be able to turn around two small pulleys being mounted at said frame of the apparatus

and of a main large pulley being fixed at a diagonal bar, and wherein said steel cable is finally attached to one end of a bar being connected to a spiral spring and fixed at said frame of the apparatus, and wherein said spiral spring is welded to a rod connected to a part member which may be moved along the perforated body member being welded to said frame of the apparatus and to be blocked through a hole thereby a metal pin for adjusting the tension of said spring.